THE

Treasury of commodious Conceits, and hidden Secrets,

Commonly called

The good Huſwiues Cloſet of prouision,

for the health of hir houſholde.

Meete and neceſſarye for the profitable vſe of al eſtates.

Gathered out of ſundrye experyments, lately practiſed by men of greate knowledge: and now amplified and inlarged with diuers neceſſary and newe additions.

AT LONDON.

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Anno. 1584.

The Printer to all that couet the practise of good Huſwiuerie, as well wiues as maides.

GOod Huſwiues here you haue a Iewell for your ioy,
A Cloſet meete your Huſwiuery to practiſe and imploy
As well the gentles of degree, as eke the meaner ſort,
May practiſe here to purchaſe helth, their houſhold to cõfort
And as the prouerbe proueth true, to remedy each griefe,
Amongſt the reſt of Phiſicks helps, the huſwiues help is chiefe
Therefore good huſwiues once againe, I ſay to you: repayre
Vnto this Cloſet when you neede, & mark what ye find there
Which is a mean to make moſt things to huſwifs vſe pertain
As al conſerues and Strops ſweet, to comfort hart and braine
For bãquets to, here may you find, your diſhes how to frame
As Succad, marmilad, Marchpane to, & ech thing els by name
Fine pouders eke for linnen clothes, and wollen furd or faſe
To keepe them ſweete and ſafe from mothes, in cheſts where
(they be plaſte
Good medcines to for preſent helth, in cloſet here you haue
To maintain life, & keepe ye yong the chefeſt thing ye craue
Thus to cõclude, I wiſh you mark the benefits of this booke
Both gentles ſtate, the Farmers wife, & craftes mans huſwife
(Cooke
And if we reape commodity by this my friendes deuiſe,
Then giue him thankes, and thinke not muche of foure pence
(for the price

Fare well.

To the vvorshipfull Maister Richard Wistow, gentleman, one of the assistants of the Companye of the Barbours, and Surgeons, Iohn Partridge, wisheth increase of knowledge by his worthy trauaile.

AFter that I had (worshipful Sir) taken some paine in collecting certaine hidden secrets togither, & reduced them into one Libell, or pamphlet, for my owne behoofe and my familiar friends, yet at the instance of a certaine gentlewoman, being my deere & especial friend, I was constrained to publish the same, and considered with my selfe the saying of the wise: which is, That good is best, which to all indifferently is of like goodnes, or effect: or which without respect of person is good to all indifferently. The consideration of which, and hir importunacy togither instiged me to communicate vnto the view & publique benefite of all men, this little booke: the contents whereof doe instruct and teache all manner of persons & degrees to knowe perfectly the manner to make diuers and sundry sorts of fine conceits, aswell of meates, as of Conserue and Marmalades, as also of sweete and pleasant waters, of wonderful odors, operations, and vertues: with diuers other thinges, that haue not hitherto beene publiquely knowne: which fact of mine I knowe wil be not only disliked of some, but altogither condemned: Not for that it is euill. but that their fine heads cannot digest, that any other beside themselues should inioy the benefite thereof, hauyng for their Maxime, that such things are of small price as are common to all men: much after our English Prouerbs, Quainty and Dainty. Farre fet & deere bought is good for great estates. But I account that person

fooliſh,& vnworthy helpe of any phiſition or ſurgeō, that wil refuſe to receiue or gaine health by the medicine of any ſuch phiſitiō or ſurgeon,who by learning the ſame out of Galen,Auiten,or Hipocrates,or anye other ſuch like hath oftentimes cured the diſeaſes in ſundry and many perſons,for that the ſame hath bene commonly vſed: but rather moſt willingly and curteouſly to imbrace the ſame (for preſent remedy) as a thing excellently well experimented and prooued: I neede not(right worſhipfull)to vſe theſe wordes for the defēce of this litte booke,conſidering that your Worſhip doth very well accept ſuch things as vniuerſally bring with thē a publique profit & vtility,whēce cōſiſteth your delight, rewarding liberally the trauel of ſuch,who haue and doe trauel therein. Wherefore for that I among all other perſons,doe think my ſelfe moſt beholding vnto your worſhip: To gratifie your goodneſſe,and to ſatisfie the requeſt of my friende, I haue accompliſhed this little booke which I haue put forth vnder your worſhips name and protection,proteſting that if I ſhall ſee this worke, which with ſome coſt and charge I haue brought to perfection,be well accepted at your hands, I ſhal ſhortlye exhibite vnto your Worſhip a thing of greater value & eſtimatiō.

And thus committing your good Worſhippe vnto God,I ende:vvho ſende you your deſire of vnderſtanding and knovvledge.

Your Worſhips to command. I. P.

The Author to his Booke, concerning his friend, whose importunate sute procured him to publish the same.

GO little booke of profit and pleasance,
Vnto thy good mistresse without delay
And tell hir I send thee for the performāce
Of hir ernest sute: sith she wold haue no nay
Let hir vse thy commodities as wel she (may
To profit hir friends for helths preseruatiō,
And also to pleasure them for recreation.

Tell hir that all things in thee contayned,
I haue seene them put olttimes in vre:
And giuen thee to bee hir seruant retained,
To serue hir faithfully doing hir cure:
And also say, of this let hir be sure,
That she with hir sute of me hath obtained
Thee: that no Golde nor good coulde haue (gained.

I. P.

The Closet or Treasury of hidden Secrets.

To bake a Capon with yolkes of Egges. Cap. 1.

When the Capõ is made ready, trusse him into the Coffin: then take eight yolkes of Egges sodden harde, and prick into euery of thē fiue cloues, and put the yolkes into the Coffin with a Capon. Then take a quantitye of ginger and salt, and cast it on the Capon, and let it bake three howers, thē take two rawe yolkes of Egges, beaten into a goblet of veriuice, with a good quantity of suger sodden togither, put it into the Coffin, and so serue it.

To bake a Fesant, or Capon in stead of a Fesant. Cap. 2.

Dresse your Capon like a phesant trussed, and perboiled a little, and larded wyth swéete larde, put him into the Coffin, caste thereon a little pepper and salt: put thereto halfe a dish of swéete butter, let it bake for the space of three howers, & when it is colde, serue it forth for a phesant: and thus bake a phesant.

To

To bake Chickens. Cap. 3.

TAke and trusse your Chickens, the feete cut off, put them in the Coffin, then for euery Chicken, put in euery pie a handfull of gooseberies, and a quãtity of butter about euery Chicken: then take a good quantity of sugar and Sinamon, with sufficiẽt salt, put them into the pie, let it bake one houer and a halfe, when it is baken, take the yolks of an Egge, and halfe a goblet of verjuice, with sufficient sugar sodden together, put in the pie and serue it.

To bake Woodcocks. Cap. 4.

PErboile them, and being trussed, put thẽ into the Coffin with swæte larde about them, season them with pepper and salt, and a good quantity of butter, let them bake one houer and a halfe, and so serue them.

To make Pescods of Marow. Cap. 5.

FIrst slice your Marrow in length, diyue your paste as thin as a paper leafe, then take and lay small Raisins, Sinamon, and a little ginger and sugar about the Pary, fashion them vp like pescods, fry them in butter, cast vppon them Sinamon and Sugar and serue them.

A Sauce for a rosted Rabbet: vsed to Kyng Henry the eight. Cap. 5.

Take

TAke a handful of washed persely, mince it small, boile it with butter and verjuice vpon a chasingdish, season it with sugar and a little Pepper, grosse beaten, when it is ready, put in a fewe fine crummes of white bread amongst the other: let it boile againe till it be thicke, then lay it in a platter, lyke the breadth of three fingers, lay of eache side one rosted cunny (or mo) and so serue them.

To bake an Oxe tongue. Cap. 7.

SEeth the tongue til it be tender, then slice it on a bord in faire peeces: & take a good quantity of marrow sliced small, cast it into the bottome of the pie: and laye the slices of the tong vpon it: & betwixt euery one, some marrow, and a little salt vpon them. Bake it the space of an howre, then toaste halfe a manchet a little at the fire, and put ỹ toastes into halfe a pint of red wine, with a little vinegre, straine them out togither: thē take cloues, mace, Sinamon and sugar, seeth thē in the liquor till it ware somewhat thicke, make a hole in the couer of the pie, put it in, set the pie againe into the Ouen for a quarter of an howre, and serue it.

To make Vinegre of Roses. Cap. 8.

IN sommer time when Roses blowe, gather them ere they be full spred or blown oute

out, and in dry weather, plucke the leaues, let them ly halfe a day vpon a faire boarde, then haue a vessel with vinegre of 1 or 2 gallons (if you will make so much Roset) put therein a great quantity of the said leaues, stop the vessel close after that you haue stirred them well togither, let it stand a day & a night, then deuide your vinegre and rose leaues togither in two partes, put them in two great glasses, and put in rose leaues inough, stop the glasses close, set them vpon a shelfe vnder a wall side, on the south side without your house, where the Sunne may come to them the most part of the daye, let them stand there all the whot sommer long and then straine the vinegre from the roses and kepe the vinegre. If you do once in ten daies take and straine out the rose leaues, & put in newe leaues of halfe a daies gathering, the vinegre will haue the more sauour and odor of the rose.

You may vse in stead of vinegre, wine that it may ware egre, and receiue the vertue of the roses both at once.

Moreouer you maye make your vinegre of wine, white, red, or claret: but the red doeth bind the belly, and the white wine doth lose

Also the Damaske rose is not so great

a binder, as the red rose, and the white Rose loseth most of al: hereof you may make Vinegre Roset.

Thus also you may make Vinegre of Violets, or of Elder flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when wee speake of making conserue of Eldern flowers.

To make Marchepane. Cap. 9.

TAke halfe a pound of blanched Almõds, and of white sugar a quarter of a pound, of Rosewater halfe an ounce, and of damask water asmuch, beate the Almondes wyth a little of the same water, and grind them til they be small: set them on a few coales of fire till they waxe thicke: then beate them againe with the Sugar fine: then mixe the the swéete waters and them togither: and so gather them, and fashion your Marchpane. Then take wafer cakes of the broadest making, cut them square, paste them togyther with a little liquor, & when you haue made them as broade as will serue your purpose, haue ready made a hoope of grẽn hasel wãd, of the thicknes of halfe an inch, on the inner side smoothe, and on the outward side round and smoothe, without any knags: lay thys hoope vpon your wafer cakes aforesaid, and

then

then fill your hope with the geare aboue named, the thicknes of the hope: the same driuen smothe aboue, with the backe of a siluer spone, as yee do a Tart, and cutte away all the parts of the Cakes, euen close by the out side of the hope with a sharpe knife, that it may be rounde: then hauyng white paper vnderneath it, set it vppon a warme harth, or vppon an instrument of Iron or Brasse, made for the same purpose, or into an Ouen, after the breade is taken out, so it be not stopped, it may not bake but only be hard, and throughe dried: and ye may while it is moist, sticke it ful of Cumfets of sundry coloures in comely order, you must moiste it ouer with Rosewater and Sugar togither, make it smoth, and so set it in the Ouen or other instrument, the cleaner it is like Lanterne horne, so much the more cõmended. If it be throughe dried, and kept in a warme and dry aire, a Marchpane wyll last many yeares. It is a comfortable meat mete for weake folkes, such as haue loste the tast of meats, by much and long sickenes. The greatest secret that is in the making of this cleare, is with a little fine flower of Rice, rosewater and sugar beaten togither, and laid thin ouer the marchpane, ere it goe

to

to dryng. This will make it shine like Ise, as Ladies report,

To gild a Marchepane, or any other kinde of Tarte. Cap. 10.

TAke and cut your leafe of gold, as it lieth vpon the booke, into square peeces lyke dice: and with a Connies tailes ende moysted a little, take the gold vp by the one corner, lay it on the place being first made moist and with another taile of a Cony dry presse the gold downe close And if ye will haue the forme of an Hart, or the name of Iesus, or any other thing, whatsoeuer: cutte the same through a peece of paper, and lay the paper vpon your Marchpaine, or Tart: then make the voide place of the paper, through which the Marchpane appéreth moist, with Rosewater, lay on your gold presse it down, take of your paper, and there remaineth behinde in gold the print, cut in the saide paper.

To bake Quinces. Cap. 11.

PAre them, take out the Core, perboile thē in water till they be tender, let the water run from them, till they be dry: then put into euery coffin one quince, in it a good quantity of marrow. Also take sugar, Sinamon, and a little ginger, and fill the coffin therewith, close it, let it bake an howre, and so serue

ſerue it.

To keepe Quinces vnpared all the yeare long. Cap. 12.

TAke ripe Quinces, and at the great ende cut a ſtopple, then take out the coze clean & ſtop the hole again with the ſame ſtoppell, but pare them not, and perboile them a litle take them vp and let the water drain from them, then put all the cozes and ſome of the ſmalleſt Quinces into little péeces all cut, into the water wherin all the quinces were perboiled, and let them ſéeth till the liquoz be as thicke as molten ſize that Painters occupy, then take it from the fire, and let it kéele: in the meane ſeaſon couche your colde quinces in a barrel, oz in an earthen pot, the great ende downeward (if the ſtoppel bé out it makes ſmal matter) and one vpõ an other then put the liquoz in, that it be a handefull ouer and aboue them, couer them cloſe, and after 4. oz 5. dayes loke to them, and when you ſée the liquoz ſinke downe, put in moze of the ſame which ye purpoſely kept to couer them as befoze, then lay a bozde vpon them, and ſtone, that they ryſe not, and couer the veſſell cloſe with a thicke clothe folded, that it take no ayze, ſo let them remayne. And

when

when ye intend to occupy some of them, vncouer the vessell and ye shall find a Creame couering the whole liquor, breake it in the midst, turne it ouer with your hande, then take out your fruite in order, beginning in the midst first, then by the sides, so that you remoue none (if it may be) but those that you take away, & euery time that ye breake the Creame, turne it ouer againe into hys place, for you must know that the Creame kæpeth out aire, and kæpeth in the strength of the Syrop. therefore it maketh muche to the conseruation of the fruite to saue it, and also to sée the Vessell close couered. Also when ye will bake your Quinces, washe them wel and cleane in warme water, and bake them as before is written.

To make paste of Sugar, wherof a man may make all manner of fruites, and other fine things with their forme, as platters, dishes, glasses, cups, & such like things, wherwith you may furnish a table: & whē you haue done eat them vp. A pleasant thing for thē that sit at the Table. Cap. 13.

TAke gum Dragant, as much as you wil and stæpe it in Rosewater, vntill it bée mollified. And for foure ounces of Sugar take

take of it the bignes of a Beane, the iuice of Limons a walnut shell full, and a little of the white of an egge: but you must first take the gum and beat it so much with a pestell in a morter of white Marble, or of brass, vntil it become like water, then put to it the iuice with the white of an egge, incorporating well togither. This done, take 4 oũces of fine white sugar well beaten to powder, and cast it into the morter by little & little, vntill all bee turned into the forme of paste. Then take it out of the saide morter, & bray vpon the powder of sugar, as it were meale or flower, vntill all be like softe paste, to the end you may turne it, and fashion it which way you will. When you haue brought your paste to this forme, spreade it abroade with Sinamon, vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid. With such fine knacks as may serue a Table, taking hede that there stande no hote thing nigh vnto it. At the ende of the banquet, they may eat al, and breake the platters, dishes, glasses, cuppes, and all things, for this paste is very delicate & sauorous. If you wil make a thing of more finenes than this, make a tart of Almõds, ſtam-

ped

ped with sugar and rosewater of like sorte, that Marchepanes be made of. Thys shall you lay betwene two pastes of such vessels, or fruites, or some other thing, as you think good.

To make fine blanch pouder for rosted Quinces, Cap. 14.

TAke fine Sugar halfe a pounde, beaten in a hot morter to fine powder, of whyte ginger pared halfe an ounce, of chosen Sinamon, a quarter of an ounce beaten ready to fine powder, mixe them well togither, and if you will haue it most excellent, cast two spoonefull of rose or damaske water in the beating of the sugar.

To conserue Quinces in Syrop condict, alway ready to be serued, in whole or in quarters. Cap. 15.

AFter your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be colde, in the meane time take of the same liquor two quartes or more (according to the number of your Quinces which ye will keepe) and

therein the cores, and some other small pie-ces, seeth them in liquor to make the Sirop strong, straine them, and put into the ly-quor, being two or three quarts, one pynt of rosewater, & for euerye quart of liquor one halfe pound of sugar: seeth them againe toge-ther on a soft fire of coles till the sugar bee incorporated with the liquor, then put in your Quinces, let them seethe softly till you perceiue that your sirop is as thicke as lyke hony, then set them to keele, and take them out, lay them in a tray or treene platter till they be colde, then take one vnce of beaten sinamon, and some whole cloues, put them with some of the sinamon in the Syrop, and when it is cold, lay a lard of quinces in your glasse (called a gesselin glasse) or an earthen pot well glased, then straw a little of your Sinamon vpon your Quinces, then powre some syrop, lay on an other lard of quinces, and againe of your spice and syrop, and so forth till you haue done, & couer them two fingers ouer with syrop aboue, couer them close: and within three or foure daies looke to them, and when ye finde the syrop shrun-ken downe, put in more, and so reserue thē. These are to be serued in with Sirop.

Se that the Quinces bee tenderly sodden,

and the sirop thicke and strong inough.

Plums condict in Syrop. Cap. 15.

TAke halfe a pound of sugar, halfe a pynt of rosewater, and a pint of faire rainwater, or of some other distylled water; seethe the sugar and the two waters vppon a softe fire of coales, till the one halfe be consumed: then take it from the fire, and when it leaueth boyling, put therein halfe a pounde of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in the like heat till the plums be soft, by the space of an houre, if need be, thē put into it some cloues bruised, and when it is colde, keepe it in a glasse, or in an earthen gallypot: the strōger the syrop is with sugar, the better it will continue: some put into the sirop, sinamon, sanders, nutmegs, cloues, & a little ginger, seeth them not hastily for feare of muche breaking.

To make fine rice porredge. Cap. 16.

TAke halfe a pound of Iorden Almonds, and halfe a pound of Rice, and a gallon of running water, and a handefull of Oke barke, and let the barke be boyled in ỹ running water, and the Almonds beaten with the huls and all on, & so strained to make the

rice

rice porredge withall.

To make Marmalade of Quinces. Cap. 17.

AFter that your quinces are sodden, redye to bee kept condit as before in the chapter is written, then with some of the liquor wherein they were sodden (but wythout any spice) beat them and drawe them as ye would do a Tart, then put some ouer the fire, and sæth them softly, and in the sæthing straw by litle and litle powder of sugar, the waight of the quinces or more, as your taste shall tell you: stir it continually, put thereto some pure rosewater, or damaske water, let it sæth on height, til it be wel stãding, which thing ye may knowe by taking some of it vpon a cold knife, and let it kéele, if it be stif then take it off, & bore it while it is warme, and set it in a warme and dry aire, if you will gilde your marmalade, do as afore is spoken of a Marchpane.

The beste making of Marmalade is when the Quinces haue laine long, and are throughripe, and berye yellow, as in Lent season.

And for as much as quinces are binding, and therefore not good for some sicke folkes coliffe, it is necessary to put a good many of

ripe Apples of good verdure as Renet, Pippen, Lording, Kulleting, Pomeroyall, Rex Pomorum, or any other Apple that is pleasant raive among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade, somewhat souple, and also increase the quantity and verdure of the same, specially if it be well dasht with sweete water.

To make Marmalade of Damsins or Prunes. Cap. 18.

TAke Damsins whyche are rype, boyle them on the fire with a little faire water vntill they bee softe, then drawe them through a course Boulter, as ye make a Tarte, set it on the fire againe, seethe it on height with sufficient sugar, as you do your Quinces, dash it with sweete water, &c, and bore it.

If you will make it of Prunes, euen lykewise do put some Apples also to it, as you did to your Quinces.

This wise you may make Marmalade of wardens, peares, Apples, and Medlars, Seruits, Checkers, or Strawberries, euery one by himselfe, or elle mixe it togither, as you thinke good.

To make Succade of Peeles of Oranges and Limmons. Cap. 19.

FIrſt take of your peeles by quarters, and ſeeth them in faire water, frō three quar-tes to three pints, then take them out, and put to as much more water, and ſeeth them likewiſe, and ſo do againe, till the water wherein they are ſodden haue no bitternes at all of the peeles, then are they ready, now prepare a Syrop as ye do for Quinces con-duct in the ſyrop in the 15. Chapter before written, ſeeth them in a glaſſe or pot.

To make greene Ginger. Cap. 20.

TAke the raſes of raſed ginger, of ỹ faireſt, and vſe them as followeth: lay a broade lane of faire-land vpon a lowe floore on the ground, halfe a foote thicke, then lay your ra-ſes of ginger vpon the ſande in order, couer the ginger with more ſand, 4 or 5 Fingers thick, ſprinkle the ſand ouer faire with wa-ter, twice euery day, that it be moiſt, thus daily do, till you ſhall perceiue your raſes to be ſoft. Then take vp your raſes, waſhe them and ſcrape them cleane, haue a ſyrop ready made as aboue is ſaide, ſeeth them in, till they be well ſeaſoned: take them vp, and with ſome of the ſyrop caſt them, or put the in a pot of ſtone.

To make Manus Christi. Cap. 21.

TAke halfe a pound of white Sugar, put thereto 4 ounces of rosewater, sæth thē vpon a soft fire of coales till the water be cō sumed, and the sugar is become harde, then put therin a quarter of an ounce of ỳ powder of pearls, stir thē wel togither, put for euery spoonefull a pēce of a leafe of golde cut of purpose: cast thē vpon a leafe of white paper, anointed first with oile of swēt almōds or swēte butter for cleauing to.

To make Ipocras. Cap. 22.

TAke of chosen sinamon 2 ounces, of fine ginger 1 ounce, of graines halfe an oūce, bruse them all, and sēpe them in thre or 4 pints of good odifferous wine, with a pound of sugar, by the space of 24. howers, then put them into an Ipocras bag of wollen, and so receiue the liquor. The readiest and beste way is to put the spices with the half pound of sugar, and the wine into a Bottell, or a stone pot stopped close, and after 24 howers it will be ready, then cast a thin linnē cloth or a pēce of a boulter cloth on the mouth, & and let it so much run through as ye wil occupy at once, and kēpe the vessel close, for it will so wel kēpe both the spirite, odour, and vertue of the wine, and also spices.

To

To make conserue of roses, or other flowers. Cap. 23

TAke the buds of red roses somewhat before they be ready to spread: cut the red part of the leaues from the white, then take the red leaues, and beate and grind them in a stone morter, with a pestel of wood, and to euery ounce of roses, put 3 ounces of sugar in the grinding, after the leaues are well beaten, and grinde them togither till they be perfectlye incorporated, then put it in a glasse made for the nonce, and of purpose: or els into an earthen pot, stop it close and so keepe it.

Thus ye may make conserues of all kynde of flowers, vsed therevnto.

The vertue of the conserue of Roses.

COnserue of roses cõforteth the stomack the hart and all the bowels, it mollifieth and softneth the bowels, and is good against blacke choller and melancholy. Conserue of white roses doth lose the belly more than the red.

To make conserue of Violets. Cap. 24.

TAke the Flowers of Violets, and picke them from the stalke, beate and grynde them with sugar, as you did your Roses: to

these put double the weight of Sugre to the waight of Violet flowers, but to all Flowers, put three partes of Sugre to one part of the flowers.

The vertue of the same.

CONserue of violet flowers, is good against the heat and inflamation of choller called yellow choller, it quencheth thirstynesse, it maketh the belly moist and soluble.

The vertue of the Conserue of Bugloss. Cap 25.

CONserue of Bugloss flowers cõforteth the hote heart, it is good for the Frantick, for the lunatick, and for Melancholick it is good for the Sincop and sowning, it taketh away heart burning, and trembling of heart or stomack, it profiteth against choler.

The Vertue of the Conserue of Borage. Cap. 26.

CONserue of Borage flowers, is of like vertue: it is especialy good against black choller or Melancholie, it also maketh one merie.

The Vertue of Conserue of Rosemarie. Cap. 27.

CONserue of the flowers of Rosemarie, com-

comforteth the cold and moist braine, it cõforts also the sinowes, it is good against melancholie and flewme.

To keepe Cherries condict, or Gooseberies, Chap, 28.

Make your Sirop, as for plums, thẽ take halfe a pound of Cheries, & cut of halfe the length of the stalke of euery cherry, put them into the sirop, and vse them as you did the plums, put in what spice that pleaseth you, and so kẽpeit as before is writtẽ: but make your syrop strong enough of sugre, least it war hoze & corrupt, then make a new syrop stronger of the suger, and put ỹ cheriesin it to kẽpe, as before is said. Thus ye may dow with gooseberies, to make of thẽ tartes or saucesal the yeare long, sauing ỹ the goolberiesmay be well sodden without breaking, because of their rough skinne, so it be softly and diligently done.

The vertue of conserue of Succary cap. 28

Conserue of succary is good against yelow and blacke choller, and in the burning heate of hote Feuers.

The vertue of the conserue of Elder-flowers. Cap. 29.

Conserue of Flowers of Elder, is good against the Worphew, it clenseth the stomacke

macke and the whole body from scabs. Gather the clusters, or bunches wheron ẏ flowers grow when they are blowne & spreade: lay them vppon a faire sheete abroade in a chamber a day or two, till ye shall perceiue the flower will shake off and fall away, thē picke them cleane, and make therof cōserue as ye do of other flowers.

And whereas it is more holsome than pleasant, therefore put some other conserue such as ye list amongst it, when ye will occupy it.

The Vertue of the conserue of Sorrell. Cap. 30,

COnserue of Sorrell is good against all kind of heates of the stomack, and other principall parts of the body, and against yellow choller.

Take leaues of Sorrel, wash them cleane, and shake of the water cleane, or els tarrye till the water be dried cleane, beate them, & grind them with sugar, as aboue, and then kæpe them.

The Vertue of the conserue of maiden haire. Cap. 31.

COnserue of the leaues of Maydenhaire, is good against the sickneſſe of the side, called the Pleurisie, and for all the diseases

of

of the breast, and of the lights, and in al maladies of melancholy, and against red choller, make it as you do of Sorrell.

To make conserue of Elicampane rootes. Cap. 32.

TAke the rootes of Elicampane, wash them cleane, slice them into peces, as big as your thumb, seeth them in faire water, till they be tender, take them vp, & pownе them and drawe them through a hairy sieue, put therto in the second seething, the double or treble waight of sugar, & when the sugar is perfectly incorporated, take it of & keepe it.

The vertue of the same.

COnserue of Elicampane is good to comfort the stomacke, and the nourishing of the members, it marueilously lose thtough fleume, dissolueth and consumeth the same, by the siedge it auoideth it.

To make conserue of Acornes, or Gladen, with the vertue of the same. Cap. 33.

TAke the Rootes of yellowe Flowerdeluce, which groweth in moyste grounde, otherwise called a Flag roote: washe them and scrape them, seeth them, and order them as ye do of Elicampane, now last before reherced, and so keepe it. This conserue is good against all sickenes of the braine & sinewes,

and

and against all diseases of fleume, vnto women it openeth naturall course and terms.

And you must generally learne, that in making conserues, fruites & rots are made with fire and sæthing: but flowers are made without fire or sæthing. Moreouer, the more sugar or hony is put into them, so it bee not past three pound to one, the conserue shall continue the better.

To make conserue of Strawberies, with the vertue of the same. Cap. 34.

TAke Strawberies one quart, cleane pycked and washed, set them on the fire till they be soft, straine them, put thereto two times as much sugar in powder, as wayght of the strawberies, let them sæth till the sugar be incorporated with the strawberyes, put it in a glasse, or earthen pot well glased.

The vertue of the same.

The cõserue of strawberies is good against a hote feuar, burning of the stomacke, and specially in the feruent heate of an ague.

Thus make conserue of Damasins and prunes.

To make conserue of Cheries, & Barberies. Cap. 35.

Likewise

Likewise you must make cõserue of cherries, and also of Barberies, sauing that these require more sugar than the other do, which are not so sower as they be.

Here is to be noted, that of cõserues of fruits may bee made marmalade, for when your conserue is sufficiently sodden and ready to be taken off, then seeth it more on height, & it will be Marmalade.

Moreouer, some make their conserue, Marmalade, and syrops with cleane sugar, some with cleane hony clarified, some with sugar and hony togither: and after the opinion of diuers great Clarkes, hony is more holsõe though it be not so toothsome as sugar.

To make all kind of Syrops. Cap. 36.

TAke Buglose, Borage, whyte Endyue, of eache one handefull, of Rosemarye, Tyme, Isop, winter Sauery of each halfe a handefull, seethe them, being first broken betweene your handes, in three quartes of water into three pyntes, then straine it, and put in the liquor, whole cloues an ounce, pouder of sinamon, halfe an ounce, pouder of gynger, a quarter of an ounce, nutmeg, in powder of sugar halfe a pounde or more: let them seeth vpon a soft fire, wel stirred or

burning tw, vntill it come to the thicknes of liuehony, then kéepe it in gally pots, you must put one pint of malmesy in the secõde pot, if sæthing it will be better, when it is perfect haue sixe graines of fine muske powder, stir it among your sirop, as ye put it into the gally pot and couer it.

This strop will last many yeares, and is excellent against sowning and faintnesse of hart, it comforteth the braine and sinewes, if it be vsed as much as a hasel nut at once, at your pleasure.

A Violet powder for wollen clothes, and Furres. Cap. 37.

TAke of Ireos 2 ounces, of Calamus Aromaticus 3 quarters of an ounce, of Cypresse, of Galingale, of Spiknall, of Rose leaues dried, of each a quarter of an ounce: of cloues, of spike, of lauender flowers, of each halfe an ounce, of Nigilla Romana, a quarter of an ounce: of Beniamin, of Storax Calamite, of each halfe an ounce, let them be all finely beaten, and searced, then take two or three graines of muske, dissolue it in Rose water, and sprinkle the rosewater vpon the powder, & turne it vp and downe in ỹ sprinkling til it haue drunke vp the water, when it is dry kæpe it in bags of silke.

A sweete powder for Napery, & all linnen clothes. Cap. 38.

TAke of swéete Mariozam that is hoary, that is the swéeter when it hath in hym séedes ripe, cut the bzanches, so that the rote may spzing againe, when the Marioram is dzied, then rub out the séeds, and kéepe them to sow about Easter, and the huskes & leaues that grow about the séeds take foz your purpose, rub them small betwéene your handes (foz if you beat them to powder in a mozter they wil lose the most part of their sauoure) then take of white sanders, oz of gray sanders, but loke that they be newe of ryghte swéete odour, foz if they be olde and haue no pleasant and quick odour, they are nothyng wozth: take I say of these swéete sáders, beaten into fine powder one ounce, and put it into an ounce of your swéete mariozum, rubbed betwéene your hands, as before is said, and if you put 1 oz 2 graines of muske thervnto (foz your wearing linnen it is the better) sowe these vp in a silke bagge togither and laye it among your Lynnen, of suche bagges haue a dosen oz two, which wil continue many yeares, and when you loke to your Linnen, then chafe each of the bagges betwéene your handes, that they may yélde

out

out their swéete odour. Moreouer, in the Sũmer time, gather red Roses in faire wether, so sone as they be blowne, and opened, lay them vpon a Table, a Bed, or a faire flore of bordes, and nowe and then remoue them, least they mould, and ware fousty. When they are drye, picke of the leaues, that you may haue two peckes of them, then straw them among, and betwéene the boughts and foldings of your Linnen, with one handfull of drye Spike flowers, to fyue handful of drye Roses, and lay your swéete bags amongest them. Be sure that your linnen be euer through drye or euer ye lay them vp, or els the Roses will ware hore, set your coffer in a drye ayre, and in the winter time or in wet weather, when ye perceiue your Roses to ware moiste, then put them into a pillowe beare or twaine, that they fall not out, and lay the vpon your bed, betwéene the Couerlet and the Blanket al night, or els before the fire, let them drye and straw them againe.

Moreouer, ye must alwayes haue a bag full of drye Roses in store, kept in a drye ayre, for if he lose his rednes, then loseth the Rose his sweetenesse.

Finally, ye must euery yeare, put away your

your old Roles, and occupy newe, but kepe your swete bags still many yeares.

To make a Pomeamber. Cap. 39.

TAke of Beniamin i ounce, of Storax calamite half an ounce, of Labdanū the eight part of an ounce, beate them to powder, and put them into a brasen Ladle, with a lyttle damaske or rosewater, set them ouer the fire of coles til they be dissolued, and be soft like ware. Then take them out, and chafe them betweene your hands as you do ware: then haue these powders ready finely searced, of Cinamon, of cloues, of swete sanders, graye or white, of each of these three powders half a quarter of an ounce, mixe ỹ powders with the other, and chafe them well togither, if they be to dry, moysten them a lyttle with some of the rosewater left in the Ladle, or other: If they wax cold, warme them vpō a knifes point, ouer a chafingdish of coales: then take of Amber Greace, of Muske, and Ciuet, of each three graines, dissolue the amber greace in a siluer spone ouer the hoate coales, when it is cold make it small, put it to your Muske and Ciuet, then take your Pome that you haue chafed and gathered together, and by little (with some swete water if nede be) gather vp the Amber, muske

and Ciuet: and mixe them with your Ball, tyll they be perfectly incorporated, then make one Ball or two of the lumpe, as ye shall think good, for the waight of the whol is aboue two ounces, make a hole in your Ball, and so hang it by a Lace.

If you perceiue that the ball is not tough inough, but to brittle, then take a curtesie of Storax liquida, and therewith temper your bal against the fire, but take not to much Storax liquida because it is to strong

Or the better way, is to haue some gum called Dragaganthum, readie dissolued in sweete water, it will be dissolued in two dayes, and with that gather your Ball with the the heate of the fire: this ball will be of like goodnesse, within as without, and of greate price.

¶ Some men put in the making hereof three or foure droppes of the Oyl of Spike, beware of to muche, because it is very strong.

¶ When ye will haue your Ball exceed in sweetenesse, breake it, and haue two or three graines of Musk, or Ciuet, or Amber greace, as you delight in, or altogither, dissolue them in rose or damaske water and with the same chase your Ball ouer the fire

till

till all be drunken in, then pearce a new hole as before.

To make a fine fumigation to cast on the coales. Cap. 40.

Take of Beniamin one ounce, of Storax, calamite halfe an ounce, dissolue them as for a Pomeander, then haue ready these woods in powders, or one of them Ginger, or Cypres, or of white Saunders, and Cloues, of either halfe a quarter of an ounce, all in fine powder, mix them al togither: and with some Storax liquida gather them togither with the heate of fire, then make them round, of the bignesse of a black Sloe, and with your seale print it a Cake, while it is warme and soft.

Of these cast one or two vpon a chafing dish of Coles, to purg all pestiferous infection and corrupt ayres out of your House: If you put to the other thinges the powder of Amber Beades, it will be the sweeter.

Some put also Labdanum, as before is sayde in making of the Pomeamber, herein do as the sauour thereof shall please you

To make the same in Oselettes.

Cap. 41.

Take a little of the fine powder of Sallow, or willow coles, mix it with some

your Fumigation last before named, in the making, worke them altogither, then fashiō it with 3 or 4 feete like a cloue, and when it is dry, kindle the end of it at a quicke coale, and it will yéeld a swéete sauour, put not too much coales, for then it will sauour of them: put not too little coales, for then it wyll not kéepe fire: put not too much Storax Liquida, for then it will be too brittle and too moyste, and will not lightly dry: therefore it shal be very well to haue some gum of the Cherry trée or Plum trée, which they call gum Arabique, dissolue some of it in swéete water, till it be liquid and tough, with thys gather your Odelets, or other Fumigations.

A moist Fume vpon a fuming dish. Cap. 42.

TAke a péece of Pomeamber, as byg as a hasell nut, bruse it, put it into your fuming dish, with swéete water, put therunto a few Bay leaues, as much of dried Basill leaues, a little rosemary, and set it ouer the fire vpon a Cubboord, or else in steade of the Pomeambet, put 2 or 3 of the cakes before written, broken small, and 9 or 10 whole cloues, and if you will haue it excellēt sweet then put 1 or 2 graines of muske, and let the leaues and them stande ouer that fire togy-

ther,

ther, as before is said.

A Fumigation for presse and clothes, that no Moth shall brede therein. Cap. 43.

TAke of the wood of Cypresse, or of Juniper, of rosemary dried, of Storax calamite, of Beniamin, of cloues a like waight, beaten all into powder, then take of the powder of Womewood leaues dried, as muche as all the others: mixe them well togyther cast therof vpon a chasingdish of coales, and set in your presse, and shut it close, and thus do oft times, til you haue wel leasoned your presse or coffer.

A powder wherewith to make sweete waters. Cap. 43.

TAke of the wood of Cypresse, or the rotes of Galingall one quarterne, of Calamus Aromaticus one quartern, of Orace or Iris ous quarterne, of cloues one quarterne, of Storax calamite 1 quarterne, of Beniamin one quarterne.

Or ye may take of each of these 1 ounce for a poztion, let all be beaten into powder, and when ye wyll distill your Roses, fyll your Stryll with Rose leaues, and a fewe Spike flowers, and vpon the toppe of some straw some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other powders.

These Cakes will be very swéete: put the water in a large glasse, and to the Pot put twelue graines of muske, let it hang in the midest of the water, in a thinne lynnen cloathe with a thread, set it in the Sunne twenty or thirty dayes, thē take the glasse in, and set it in a dry ayre.

An other manner of making of Damaske water, Cap. 45.

TAke of Arace, or Iris, of Spike flowers dryed, of Cloues of each one an ounce make them in powder, put them together, with a pinte of new Ale in Cornes, and one pinte of Rosewater, into an earthē Pot, put thereto a good many of gréene Rose leaues, let them soke in it a night time, stopped close, in the morninge when ye will Distill, first lay other Rose leaues in the bottom of your Stillitory, for feare of cleauing to, then take of the Roseleaues out of the Pot, and put them with other gréene Roseleaues in your Stillitory sufficient, & to ẏ water, put musk as aboue sayde. This water is excelent to set forth a tarte, an apple moise, or Almond butter.

Powder of Holland against Collick, and the knawing of the belly,

Take

Take Sinamon, Anis sæde. Fenell sæde. Cummin sæde, of ech a quarter of an ounce, of shauen lyquoris three quarters of an ounce, of galingal one ounce and a halfe of Spiknard a quarter of an ounce, of sæne of Alexandria, two ounces: beate them al in to fine powder and serue them, wherof take a quarter of an ounce in a messe of Pottage.

Powder to make the belly soluble, causing a gentle laske: mete for noble personages. Cap. 47.

Take Sæne of Alexandria, one ounce, of fine Ginger, halfe a quarter of an ounce, of Annis sæde, a quarter of an ounce, beate them into fine powder, and searce them, put of this powder into your sod suger, and and make lossings as before of the whole, the number of sixteene, whereof dissoule 2. of them in a messe of Pottage, or in a cup of Wine fasting in the morning, and fasse one howre after: if you do put as much of Suger in powder, as the waighte of the whole powder, ye may keepe it in a bladder and the whol powder wil serue eight times to receiue, as euen nowe is said.

A receite to restore strength in them that are brought lowe with long sickneſſe. Cap. 48.

Take of the braine of a Phesant or Partridge, and of a capon sodden or rosted, of each a quarter of an ounce, steepe them in rosewater 2 howers, of the kernels of nuts, called Pistacionum, and of the kernell of the pine Apple, of each a quarter of an ounce, of Cinamon in fine powder, the waight of 20. barly cornes, of the spices of Dyanthos, Diamargariton, Letificentes, Galeny, of each the waight of 40 graines, or barly cornes, of the rēde of Millon, Pepon, Gourde, & Cucumer, of eache the waight of ten graynes, the skin taken off, let them bee all grounde small, then take 6 ounces of sugar dissolued in Borage water, seeth it on height, as for losings, and when it is sodden inough, then put in all the other geare, and make losings thereof, whereof one is sufficient at once, dissolued in a messe of pottage, or a draffte of drinke, thus do 2 or 3 times every day.

To make Losings. Cap. 49.

Take halfe a pound of Sugar, & as muche rosewater, or other distilled water as for Manus Christi, seeth them likewise, & when ye wil know when it is sodden inough, take out some vpon a knifes point, & let it kēle,

and

and if it be hard like sugar, then it is sodden inough: then put into it of any of the powders hereafter next following 1 ounce; stirr them well togither, lay it vppon a paper oyled, drive it as thin as ye thinke meete, laye on your gold leafe with a connies taile, cut your Losings diamond fashion, and so keepe them.

To perfume Gloues, Cap. 50.

TAke the gloues and wash them in Rose water, or damaske water, till the skurfe of the leather be gone, & then stretche them forth softly, & keepe the water you wash thē with still, then hang them vp to dry, & then lay them in a cleane linnen cloth that is folded 3 or 4 double, and when they be dry, let them ly in roseleaues dried, 2 days or three, then take oyle of Ciuet, almonds, & muske, & grind them togither vpon a marble stone, stretch them forth softly, and with your hād annoint your gloues, 3 or 4 times, and euer among stretch them forth, then let them dry and euer stretche them forth softly, as they dry. Then take Sandifer mired with a little Amber greece, and straw the powder of it thinly vpon them, and laye them in a paper, & in a boxe, or else melt ỳ amber greece, with a quantity of rosewater, and mire the

Sanviser to it, and so anoint ỳ gloues with the same, then let them dry & put thē in fair white papers.

2 To perfume gloues another way.

TAke the gloues and wash them, as afore-said, 3 or 4 times, and wring them euery time softly, then take gum of Dragant, and steepe it in fine Damaske water one night, then straine the water through a fine linnen cloth, and take the gum and mixe it with an ounce of Amber greace, and a quarter of an ounce of muske, first grinde your Amber-greace with oyle of Turpentine, then mingle al togither, and rowle your gloues with the same: lay them to dry, and lay a paper be twene.

3 A preparatiue for gloues.

WAsh the Gloues, as afore-said, till the sent of the Leather be gone, thē take Beniamin two ounces, of Storax calamite 1 ounce, let them be very fine, then take oyle of ciuet, al. nonds, and mingle it with Beniamin & Storax, vpon a marble stone. When it is well ground, put it into an earthen pot with more oyle of Ciuet Almondes, thē put in cloues in powder, and so let it stande very close couered, and when you neede take a little Rosewater in a Sponge, and rub the

gloues

gloues softly, and then in like maner with the oyle called Ciuit oyle for the same purpose.

4 Another way.

TAke twelue graines of musk, six graines of Amber greace, three graines of Storax calamite, fiue graines of Beniamin, and a fewe cloues, grinde all these togither, with oile of Ciuet, Almonds. Firste washe your gloues with Fusles, dissolued a day in Damaske water.

5 Another for Gloues.

TAke your gloues and wash them in rose-water, once or twice, til al the skurffe be gone from them, and then let them dry, and stretch them well out, fingers and all, then plaine them, and wash them once or twice, then take 2 ounces of Storax, and as much Beniamin, made in powder. Presse your gloues all ouer on a smoth bord before they dry, then hang them to dry, and when they be dry, saue the powder that is left.

Then take a pint of Rosewater, and two ounces of Storax, and two ounces of sinamb put all these in powder, and cast them to the rose water, and let them seeth in a close posnet couered.

Then take a fine brushe, and brush them

ouer.

6 Another way to perfume.

TAke Amber greace a dram, of musk half a dram, of Fulles a dram, of Ciuet halfe an ounce, put al these togither in a pynte of rosewater, or damaske water.

7 Another way.

TAke a dram of Amber greace, a dram of Beniamin, halfe a dram of Fulles, a drã of Storax, a quarter of an ounce of Labdanũ put all these to rosewater.

A perfume for Chests & Cubbords, & also for gloues. Cap. 51.

TAke Beniamin and Storax, of eache one ounce, Labdanum and Fulles, of eache a quarter of an ounce, halfe a dram of Ciuit. If you burne it for chests or cubbords beate it in a hote morter. If it be for gloues boyle it, and put it to rosewater.

To coloure gloues. Cap. 52.

YOu must haue hulles of grẽne walnuts, that must ly in water all the yeare long roll them well with these pilles, and make them as depe a colour as you may,

How to colour gloues yellow within.

To

TO colour gloues yellow within, take the yolkes of twenty Egs, and put them in a frying pan, with a soft fire, stir them euer and vze them with a Ladle, and the Oyle that ascendeth of them, being annointed on the inside of the gloues, will make thē loke yellow.

To make Muskesope, Cap. 53.

TAke strong ly made of Chalke, and fire pound of stone chalke, 4 pound of Déere suet, and put them in the lye, in an earthen pot, and mingle it wel, and kéepe it the space of 40 daies, and mingle and stirre it 3 or 4 times a day, till it be cōsumed, and that that remaineth 7 or 8 daies after, then you must put a quarter of an ounce of muske, & when you haue done so, you must also stir it: and it will smell of muske.

To make red sealing waxe. Cap. 54.

TAke to 3 pound of ware, thrée ounces of cléere Turpentine in sommer: in winter take sowre, melt them togither with a softe fire, then take it from the fire & let it kéele, then put in vermilion, very finely grounde, and sallet oile, of each an ounce, and myre them well togither, and it is perfect good.

To keepe Damasins in Syrop. Cap. 55.

Take

TAke Damasins, and picke them wyth a knife or a pin, then take clarified sugar, as much as you shall thinke will serue, and then you must boile it til it be thick as birdlime, then boile your Damasins in the clarified sugar till it be soft, then take them vp and put them in a glas, then you must boile the stroy, til it be as thick as the other was, before you put in the damasins. And assone as it is so thicke, you must powre it into the damasins, and so couer them close.

To know whether a woman shall euer conceiue or not. Cap. 56.

TAke of the ruine of a Haire, and hauyng frayed and consumed it in hote water, giue it the woman to drink in the morning at hir breakfast, then let hir stand in a hoate bathe, & if there come a griefe or paine in hir belly, she may conceiue: if not, she shal neuer conceiue.

To make a barren woman beare Children. Cap. 57.

TAke of these little sea fishes, called in Latin Polipi, or Polipodes, and roast them vpon the embers without oile, and lette the woman eat of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To

To make women haue a quicke and spedy deliuerance of their children, and without paine, or at the least very little. Cap. 58.

TAke leaues of Dittanie, and stamp them or else make pouder of them, & giue the woman that laboureth drinke of it wyth a little water, and she shall bee deliuered incontinent without any great paine or grief.

For the gnawing in a womans stomacke. Cap. 59.

TAke a good handefull of spéremint, and a a handfull of wormewood, & heat a tyle stone, and lay these two thinges on it, and a little bag, and when the hearbes bee hote, put them in the bag, and so lay them to hyr stomacke.

To make a svvete damask povvder, foure maner of vvaies.

TAke two or thrée handefuls of dried rose leaues, 2 graines of musk, halfe an oũce of Cloues, and beate these all to powder.

2. Another vvay.

TAke 6 oũces of orace, 4 ounces of cloues, 2 ounces of Storax calamite, 1 ounce of Labdanum, 2 ounces of yellow sanders and a little muske.

An-

3 Another way.

TAke two ounces of cloues, sowze ounces of spruce, sowze ounces of Storax calamite, sowze ounces of Roses, thzée ounces of Beniamin.

4 Another way.

TAke 3 ounces of Cypzesse, 4 ounces of Beniamin, 2 ounces of Labdanum, 3. ounces of storax calamite, 2 ounces of roses, beat all these to powder.

To make pepper soft, with the vertue of the same.

YE shall do this after the same maner as is shewed for græne ginger, in the 20. chapter, that is with sand, and the like Strope, seald and keepe them: ginger & pepper in strop comforteth a cold stomack, & helpeth much to good digestion.

To keepe Barberies.

TAke clarified sugar, and boile it tyl it be thicke, whiche you shall perceiue if you take a little betweene your fingers, it wyll rope like birdlime: then put in your Barberies, and let them boile with a softe fire, vntill you perceiue they be tender, then put them in a glasse and couer them, & so keepe them.

For the ague in a womans breast. Cap. 60.

Take

Take Hemlocke leaues, and fry them in swéete butter, and as hote as she may suffer it, lay it to hir brest, and lap a warme white cotten, and it will drive it away in short time.

For the vnnaturall heate of the Lyuer. Cap. 61.

Take Borage, Buglosse, Succory, Violets, Fumitory, young Hop buds, Fenell buds, of each a quarter of a handfull, young Mallowes and Mercury, of eache halfe a handfull, boyle these in a pottell of Whey, and straine it.

For the canker in the mouth. Ca. 62.

Take halfe a pint of ale, and a sprig of cosmary: and séeth them togither, and scum your ale: and then put in a péece of Allum, as much as a nut, and a sponefull of hony and 2. spoonefull of Honysucckle water.

To make the face faire: and the breath sweete, Cast. 63.

Take the flowers of Rosemary, and boile them in white Wine, then washe your face with it and vse it for to drinke, and so shall you make your face faire, and your breath swéete.

To make haire as yellow as Golde, Ca. 64.

Tke the Rine or scrapinges of Rubarbe and steep it in white wine, or in cleare Lie. And after you haue washed your heade with it, you shall wet your haires with a spunge or some other cloath, and let them dry by the fire, or in the sunne. After this, wet them and dry them againe, for the oftener they doe it, the fairer they will be, without hurting your head any thing at all.

To driue away all venemous Beasts from your house. Cap 65.

Take Juniper, the seede of Agnus Castus, the shels of riuer Chreuises harts horne the greace or suet of Buck, Kerse or towne cresses, Organie and Dittanie, make of al these drugs a dowe or paste. And when yee will vse or occupie it, burne it, for whereas the smoake thereof goeth the beastes will voyde away.

Against all poison eaten or drunken. Cap. 66.

Hauing knowledge that any man is poisoned, the chiefe remedie is to make him vomit the poison, in giuing him oyle Oliue luke warme to drinke alone, or mixt with warme water. And if you haue no oyle, giue him butter with hote water, or with the decoction of line-seed, or the

Seed

sede of nettles, or of Semigræcum, and all these thinges purge the venyme as well downward, as vpward. After hauing made him vomite diuers times, you must purge him with sharpe glisters downward. Thē giue him water, mixte with honnie, and also old wine inough to drinke. But if you cā good Triacle or Mitridate, they are the principall against poisons, with Terra sigillata, Acorne shels, and giue it him in good wine. Let his meate be the fat flesh of old beasts and fat brothes, specially of Hens and fatte Fish, and let him not sleepe. And in contynuing with this meanes, he shal be deliuered by the helpe of God.

To dryue away Lyce, Cap. 67.

Take incense, and the Larde of a barrow hog, properly called barows greaceboile them togither in an earthen pan or pot leaded, and with this oyntment rubbe and annoint: the place where the Lice be.

¶ Howe to make a souera:gne water, that Maister Doctor Steeuens Phisition, a mā of greate knowledge and cunning did practise, & vsed of long experience. And therewith did very many cures, and kept it alwayes secrete, til of late, a lytle before his death, a speci all frinde of his,

did get it of him in writing. The Receypt.

Take a gallon of Gascoyn wine, then take Ginger, Galingall, Camamill, Sinamon, Nutmegs Graynes, Cloues, Mace, Annis sædes, Fenelsædes, Caraway sæds: of euery of them a dram. Then take Sage, Mints, Red roses, Time, Pellitory of the wall, wilde Margerum, rosemarye, penny mountaine, otherwise called wilde Time, camamill, lauender and auens, of euery of them one handfull: then beate the spices smal, and braise the hearbes, and put al into the Wine: and let it stand 12. houres, stirring it diuerse times. Then stil it in a Limbecke, and kæpe the first pint of the water for it is the best: then will come a seconde water, which is not so good as the first.

The sundry vertues and operations of the same many times approued.

The vertues of this water, be these: it cõforteth the spirits, and preserueth greatly the youth of man, and helpeth the inwarde diseases comming of colde, against shaking of Palsey: It cureth the contracts of sinnewes and helpeth conception of Women that be barren, it killeth the wormes in the belly: it helpeth the cold goute, it helpeth the tothach, it comforteth the stomack

very much: It cureth the cold Dropsy, it helpeth the Stone in the Bladder, & in the reynes in the back: It cureth the Canker, it helpeth shortly a stinking breath, and who so vseth this water euer among and not to ofte, it preserueth him in good lyking: & shall make one séeme yong very long. You must take one spoonfull of this water fasting, but once in seuen dayes, for it is very hot in operation. It preserud doctor steuens that he liued. lxxx. and xviij. yéeres. Whereof. x. yéeres he liued bedred.

To make a water that taketh off all staynning, dying and spots, from the handes of artificers, that get them by working & maketh them very white & fayre.

It is also good for them that be Sunne burned. 69.

Take the iuice of a Limmon, with a little bay salt and wash your handes with it, and let them dry of them selues: washe thē againe, and you shall find all the spots and and staynings gone. It is also very good against the scurffe or scabbes.

To heale all manner of inflamation, and euill disposition of the ayre, leaperie faces, great swollen legges, or inflamed handes. Cap. 70.

Take flower, or Amillum made of Barly which ye shall easily finde at the Apothecaries, and seeth it halfe an howre in cõmon water: then strayne it, and put it into another newe pot that is cleane and neate, putting to it a few mallows, succarie, hops endiue and borage, and seeth all these togither vntil it be dissolued, and ad to it a ounce of sandall and then straine all, and take in a linnen cloath as much Cassia extracta, as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water be hote, pressing it so hard betwẽ your two fingers, that the substance of it may goe into the said water; then put to it suger or pelides, as much as you will. Of this drinke, which is of a very amiable sauour, you must take from day to day, a litle Glasse full in the morning, lying in your Bed with your breast vpward: then laying some linnen cloath vppon your stomacke, sleepe if you can, and take of it also after you be vp, and haue done your necessaries, the which doing, you shall finde your selfe very well healed in fewe dayes. But here note that this must be don in the Summer, and not in the winter, and he that hath his stomacke very colde, maye

weare before his brest some piece of scarlet or other cloth, and sometime anoint his stomacke with an oile made for the weakenes of it, the perfect composition wherof, we will put hereafter.

A singular oyntment which healeth al burnings with fire, not leauing any skar where it hath bene. Cap. 71.

TAke the white of 2 Egs, 2 ounces of Tutina Alexandrina, 2 ounces of quick lime washed in 9 waters, an ounce of new ware with as much oyle rosset as shal suffice, and make thereof an Oyntment, whych ye shal finde verye good for this that we haue spoken of.

To drawe an Arrowe heade, or other Iron out of a wounde. Cap. 72.

TAke the iuice of Valerian, in the whiche ye shall wet a Tent, and put it into the wound, laying the said hearb stampes upon it: then make your binding or band as it appertaineth, & by this meanes ye shal drawe out the Iron, and after heale the wound according as it shall require.

For him that hath a bunch on his heade, or that hath his heade swollen wyth a fall. Cap. 73.

TAke an ounce of bay salt, rawe hony, 3 ounces, Cummin 3 ounces, Turpentine 3 ounces, entermingle all this well vppon the fire, then lay it broad vpon a linnē cloth and make thereof plaisters, the whyche ye shall lay hote to his head, and it will altogi ther asswage the swelling, and heale hym cleane and neate.

To knowe what time in the yeare hearbes and flowers should be gathered in their full strength.

MEdicines are made diuers and sundry waies, some by leaues, some by seedes some by rootes, some by hearbes, some by flowers, and some by fruits, such leaues as are put to medicines, shoulde bee gathered when they be at their full wering, ere that their colour be changed or that they fade any thing.

Seedes when they be full ripe, and the moisture somewhat dried away.

Flowers should be taken when they be full open, ere they begin to fade.

Hearbes shoulde be gathered when they be full of sap, and ere they shrinke.

Rootes shoulde bee gathered when the leaues fall.

Fruits should be taken when that they

be at their full growth, or when they fall, and the heavier fruite is the better, & those that be great and light in ponderatiō those not them, & those that be gathered in faire weather, be better than those that be gathered in raine.

And those hearbs that growe in the fieldes are better than those that growe in townes and gardens, and those that grow on hilles in the field be best for medicines, for commonly they be lesse, and not so fat, and have more vertue.

Many hearbs there bee ỹ have special time to be gathered in: and if they be gathered in that time, they have their whole vertue to their property, or els not so good, some helps whēsoeuer they be gathered & some naught if they bee gathered out of time: therefore may be well what I teach thee.

Betany shall bee gathered principally in Ianuarius month with the seede & the rootes and without any Iron tole, and it shall be dried in the shadow for medicines. It may bee gathered other times, but euermore it is the better, if it be gotten without Iron, & it must be gathered afore sun rising.

Dwines-gralle shall be gathered when it pleaseth, in time of nede.

Camamill

Camamill shall bee gathered in Aprill.

Peritory shall be gathered in June, before the sun rising.

Red docke shal be gathered when they neede, daily.

Langdebéefe shall be gathered in June, and July.

Penywort shall be gathered in the beginning of winter.

Germander shal be gathered in Lammas moneth.

Dragant shall be gathered in June and July.

Columbine in Lammas moneth.

Aner tung shoulde bee gathered in Aprill.

Pēdelion when thou wilt.

Groundsill alway after mid-day.

Mallworth when it pleaseth you, wythout Iron.

Violet shoulde bee gathered in the Moneth of Marche, and in thys Moneth should violets be put into sugar and to Syrop.

Roses shoulde be gathered in Aprill and in May, & of them should be made sugar, roset in strop of roses, and in this same month should oyle be made of Camomill.

Rose

Rosemary flowers shoulde be gathered in May.

Centory when he beginneth to flower.

Origanum in the Moneth of June.

Hollequie should be gathered the sixteen day of August, before the Sun rising, wythout Iron.

Hartestong should be gathered ere daye in Nouember.

Aristologia should be gathered the same time.

Garlike may be taken when you néede for medicines.

Wilde garlike should bee gathered when it flowreth.

Gourdes should be gathered in the end of September when they bee ripe, and dryed where the Sunne may be all day.

Wilde nep beries should be gathered when they waxe yellow.

Cucumbers shoulde be gathered when the fruit is ripe, and the fruit should be laid vnder Vines, where the Sun may not haue al his strength to him in a moist place, that it may rote, for then the séede shal be good, and full of kernels.

Citrull when the fruit is ripe, and dryed in a dry place in the Sonne.

Calamint water should be gathered when it flowreth, and dry it in the shadow, and it will last a yeare.

Saffron should be gathered afore that the Sun doth rise.

Godur that groweth among flare, should be gathered when he beginneth to flower, and it may be kept three yeare.

Drake should be gathered when it flowreth, & dry him in the shadowe, and a yeere it will last.

Cleber must be gathered in harvest tyme.

Fenell seedes should be gathered in the beginning of harvest, and two yeere he maye be kept.

The rootes of Fenell should be gathered in the beginning of the yeere, and 2 yeere they are good.

Valvemony that some men call Gentian. should be gathered in the last end of ỳ yeere and 4 yeere he is good inough. The roote of thys hearb is vles, & how thou shalt knowe him is this, that he be very bitter, the lesse bitter the worse.

Also loke that it be white, whole, & not hollow within, but sad and not brittle, nor full of powder.

Galinga! is called in phisick tipus, it may

be taken at all times when thou wilt, but best is in the end of Mer, and three dayes it must be laid in the Sun, and so be dried, that the moisture rot it not, and then you must kepe it in the shadow.

Flowerdeluce should be gathered in ỹ end of Mer, and dried in the sun, and it will last two yeares well.

Here followeth the sundry vertues of Roses, for diuers medicines.

Cap. 75.

ROses be cold and moist in 2 degrées: it hath these vertues stamp it, and lay it to a sore that brenneth and aketh, and it shall ease both the brenning and aking.

Also it is good for the feauer in the stomack and agaynste all euils that are gendred in hote humors.

Also let any woman drinke it wyth wine, and it shall forthwith restraine bléeding, and help the marrowes of the wombe.

Also make oyle of roses, and that is a principall recept for pricking in sinewes, and the water thereof is good for sore eyes, and for hote euils, and the oyle is good for headach to annaint therewith the temples, and the rote of him is good, & drawing forth Irõ or other thing in a mans foot, & the red rose is much

much better than the white.

The sundry vertues of Lillyes, Cap. 76.

Lillies are colde & dry in the 3 degree, and so saith Galen, that who so seetheth the leaues in water, it is a noble plaister for swolwes that are shortned, and it is good for all manner burnings and scaldings. Also when the leaues and the rotes are sodden in old wine, and tempred vp with hony it is a profitable plaister for sicknes that are starued. Also the water & the iuice is good to wash the bristers, and namely to do away the freckels on mans visage or womans, & the rote is good therewith to ripe botches, and to helpe to breake them.

Of the sundry vertues of Milfoyle. Cap. 77.

Milfoyle is hote and dry in the 2 degree, it is good to stanch the bloody flixe, and the iuice therof, healeth the biting of a red hound, and if it bee sod in red wine, drinke it, and it slaieth wormes in the wombe, and it will destroy vermin, and it softneth hardnesse in mans woombe, and it helpeth the Iaundice and Dropsie.

And take the heard and stampe it, and temper it with vinegre, and it will do away blood in

woundes, and it will ceale the toth-ache, when it is chewed fasting, also it is good for the stinging of an Adder, when it is sodden in wyne dryncke it, and laye the substaunce thereto, and it will drawe out the venym of the seare.

Of the sundry vertues of Rosemary. Cap. 78.

ROsemary is hote and dry: take the flowers therof and put thē in a cleane cloth, and boile them in cleane water, vntill halfe be wasted and cole it, & drinke that water, for it is much worthy against all manner of euils in the body.

Also take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shal make thee light and merry.

Also eate the flowers with hony fasting with sower bread, or els with other breade, and there shall rise in thē none euyll swelling.

Also take the Flowers, and put them in thy Cheste among thy Clothes, or amōg thy bookes, and Mothes shall not destroye them.

Also boile the flowers in Goates milke, and then let them stand all night vnder the

ayre

ayre couered, & after that giue him to drink therof that hath the Tisick, and he shall bée holpen.

Also if there be any man ý is ramage, take the flowers and the leaues, a great quantity, and boile them togither in a good quantity of clean water, in that Acicus Buloeat, and it shall heale him.

Also boile the leaus in white wine, & wash thy face therewith, and thy bearde, and thy browes, & there shall no cornes spring out, but thou shalt haue a faire face.

Also put the leaues vnder thy bed, & thou shalt be deliuered of all euill dreames.

Also breake the leaues to powder, and laye them on the canker, and it shall sley it.

Also take the leaues and put them into a wine vessell, and it shall kéepe the wine frō all sowrenes and euil sauors, & if thou wilt sell thy wine, thou shalt haue good spéede.

Also if thou be féeble with vnkinde sweate, boile the leaues in cleane water, and wash thy head therewith, and thou shalt be deliuered of that euill.

Also if thou hast lost appetite of eating, boile well these leaues in clean water, and when the water is colde, put thereunto as much of white wine, and then make therin

sous.

sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flure, boile the leaues in a strong Eyzil, and lay them on a linnen cloath and binde it to thy woumbe, and anone thy Flure shalbe withdrawne.

Also, if thy Legs be blowen with the Gowt, boile the leaues in water, and then take the leaues, and binde them in a linnen cloath and winde it about the legs, and it shall doo the much good.

Also take the leaues and boile them in strong Eyzil & bind thē to thy stomack in a cloth & it shal deliuer the of all euil.

Also, if thou haue the Cough by stirring or by any other way drinke the water of the leaues, boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemarye, and drinke it, and if thou be in the pose thou shalt be deliuered.

Also take the the Timber thereof, and burne it to coales, and make powder thereof and then put it in a linnen cloth, and rub thy teeth therewith and if there bee any wormes therein, it shall slay them, and keepe thy teeth from all euylls.

Also, of the wood, make a boyst to smell

thereto, and it shal kéepe thée youngly.

Also, make therof a barrel, & drinke thou of the drinke that standeth therin, and thou needest not dread of any euill being therein: and if thou set it in the field, or in thy garden, kéepe it honestly and it shal bring forth much encreasing of himselfe.

Also, if a man haue lost his smelling, of ye ayre, ye he may not draw his breath, make a fire of the wood, & bake his bread therwith, and eate it, and it shall kéepe him well.

Also a man that hath the gout, take oile of roses, and the yolke of an Egge, and the flowers of rosemary, and meddle them together, & do it to his sore, & he shalbe holpē.

¶ How to make a special soueraigne water which is of three colours, and it is called the mother of all waters: which is verye excellent to cure the Canker, the Poxe, or leaprosie, or any other kind of superfluous humors, or any sore, old or newe: and it is thus made. Cap. 79.

Take Turpentine 4. pound, of Frankencense, mastick of either two ounces, Aloes, Epaticke, Date stones, Labdanum, Castorem, rootes of Dittanie, rootes of Enula Campana, of eache two ounces, still them in a Limbecke of Glasse, with a softe fyre.

fyre. The first water is cleare, ỹ second water is yellow, & swimmeth above ỹ other, The third water is reddish, like safferon, & when it beginneth to be read and thicke as honny, then be ginneth the third water.

The first water brenneth like a candel: the second water, curdeth like milke: and if ye put the third water, one drop with your knife, it goeth to the bottom, and there will it ly an houre and then mount vp to the top as true Bawme doth, & with this water, if you wash your face twice a day & (chiefly) your Nosethrils, it careth the rhewme descending from the braine, and clarifieth the sight: and if you wet a linnē cloath in this water, and lay to any sore leg or arme that hath dead flesh, it wil cleanse it and drive away the ach within 6 howers space, and it consumeth al Apostumes, Ulcers, Fistules Postules, Emeraids, and healeth al grēne wounds: & if ye dippe a linnen cloath therin and make it 6 soulde, and lay it to the noddle of your neck, it healeth the palley, & so likewise it careth the goute, or any sinnowe that is drawen togither therwith, bath it thrée or four times togither warme. The water that is of colour of blood, is of such vertue, that if a leperous mā or wo-

man, vse thereof xv. dayes togither, halfe a spoonefull euery day he shall be healed.

The first water is of such vertue, that if it be put in a fresh woũd, it healeth it in 24 houres if it be not mortal: and it healeth al kinds of cankers, crepses, Noli me tangere, within 15 dayes, if you wash them with ẏ the said water, euery third day: & if ye make rags of cloth, and dip it in the same water, and lay it on a plague sore, and drop one drop therin, it mortifieth the malignitie thereof and that shortly. And if ye drop one drop therof in the eye that hath a pearle or halfe blind, it wil recouer it in 8. daies, without any paines, and if ye drink a spoonefull of it with white wine, it will recouer the strangurie or dissure within 6. hours, and breaketh the stone within 2. houres, whether it be in the raines or in the bladder. The water that hath the colour of bloud is most precious: it comforteth ẏ weak mẽbers and preserueth ẏ body from al disease, and purifieth rottẽ blood & healeth al diseases of the milt: and kæpeth away the gout, and causeth good digestion, it purgeth colde and rotten bloud, and putteth away ill humors and healeth all agues. This water must be vsed from the moneth of Nouẽber,

to

to the moneth of Apryl, then take but half a spoonful at once, or oftner thē once a weak.

The maner to make this water, ye must haue a Glasse a Cubite hye, and fill it with Aquauity, made with wine, and stop it wel then put it in horse dung, so that it be not moiste, nor too wet, least the Glasse breake, and ye must leaue the necke of the Glasse without in the ayre, that the glasse through the heate of the dung wil boyle sore, so that the water will ascende to the necke of the same, and descend agayne to the bottom through the ayre, and so let it stande thyrty dayes, thē take out the glasse, and put these things following in the water, & stoppe the mouth that it breath not out, and so leaue it .xiij. dayes: last of al, put the glasse in balneo marie, with sand, setting on a head with a receiuer wel stopped, and make a soft fyre, and gather the first water, that drop cleare, but when ye see the second water turne into red collour, chaunge the receiuer, for thē commeth the second water & that wil kéepe wel in a glasse wel stopped: the spices that goeth to this water be these, with the herbs cardomum, cloues, nutmegs, ginger, galingall, zedoaire, long pepper, spiknard, lawrel berries, smallage séedes, mugwort

sædes fenell sædes, annis sædes, flowers of basill, elder flowers, red roses, & white, lignum aloes, cubibes, cardomum, calamus aromaticus, maces, germander, frankensēce turmentil, Juniper, agrimony, centory, fumitorie, pimpernel, dandelion, eufrage, endiue, sæds of sorrel, yellow sanders, fetherfoy, aloes, epatick, of ech 2. ounces, rubarbe, 2. drams, dry figs, raisons, dates without stones, swēt almonds, of each 2. ounces. Aquauitie to the quantitie of them all, and foure times as much sugar as they be al, ỹ is one pound of engredience, foure pound of suger, two pound of hony: this water is called the mother of all waters.

¶ A perfect way to cure the lothsome disease of the French Pockes, paines in the ioyntes, lameneſſe of limmes, paleneſſe of colour, loathsome scabbes, or any other filthy disease, proceeding of superfluous and euil humors, as also to asswage ouer grosse and foggie fat bellyes, and that without danger. Cap. 80.

FIrst, it is nēdeful to prouide for the sicke body, a close and cleane Chamber, out of all grosse ayre, and cleane warme garments both for the body and Legs, and at rising

rising & going to bed, a fyre of charcoles: for wood is not holsom, for smoaking: also they must not be troubled with any thing to bring them out of patience, for that corrupteth ỳ blood, which must be new altered: also the sick body must eate but little meate, and ỳ kind of meat as shal hereafter be prescribed and at such time as shal be appointed, and let the sick body vse playing on som instruments or tel merry tales, and haue no company of women, for that is a most dangerous poison for the healthy of any person in that case.

Secondly, ye must prepare 2. brasse pots or els iron, one being 4. gallons, the other 6. gallõs one for strong drink, ỳ other smal drink, also ye must haue close couers to thẽ of brasse or iron, ye must also prepare good earthen vessels with close couers, to kẽpe your drink in of both sorts by themselues. Also ye must haue a Strainer of a Hearce cloth, to strain your drink after it is decocte: instrumẽts to take out dead flesh & to serch a sore, & a siring to cleanse any sore being dẽpe with ỳ same drink. Also ye must haue a woodde vessel to bath ỳ sick body, at such times as hereafter shalbe apointed, also ye must prepare clean cloths to dry ỳ sick body.

after a sweate, being warmed well first o-ther instruments ye shal not neede, but onely your wood raped small, or turned, & ỹ barke of the wood pounded in a morter, & the drugs also smal, and your water which ye shall decoct, the same must be of a cundit or running brooke, very cleane with out a-ny kind of filthe: chalke water is good.

Thirdly for your strong drink, ye must take your pot of 4 Gallons, and set it on a soft fire of coales, with 4 Gallons of the faire running Water, then put in it the same 1 pound and halfe of your wood small raped or turned at the Turners, but when you do buy your wood, see it be not olde, and lacke moysture, this trial is best, take a lit-tle coale burning and lay it on the block be-fore it be raped and if it be good it will boile vpon euery side of the coale, like Wyre: thã put thereto 1 ounce or a little more of the barke of the same wood, made in small pou-der, then take a quarter of a pound of cum-min seedes, put whole into the same, & one halfe quarter of an ounce of Radix and ru-barb then stop your pot fast, and laye Past about the Couer, and so fast, that no ayre coume out, then seth it on a soft fyre, but e-uer keepe it boiling, and let it boyle at the

least

leaſt 8 howers, then ſet it by, and vnſtop it not vntill it be cold, then take your ſearce, & ſtraine it into a faire earthen pot, and couer it cloſe: the ſicke body muſt drink of this but 1 draught luke warme in the morning, and another at night.

Fourthly you muſt take your pot of 6 gallons, and put in it 6 gallons of running water, and 1 pound of the wood raped, & a quarter of cummin ſeedes, and decoct it in al kind of things, euen as the other being cloſe ſtopped, and when it is colde, ſtraine it into an earthen veſſell, or veſſels, and that muſt the party drinke at meales, & at all other times when he liſt to drinke, & ſpare not but draw it by.

Fiftly ỳ ſick body muſt be kept very warm, and not riſe out of bed before 8 of the clocke, and then eate 12 or 20 raiſons of the ſunne, and no bread, and about 11 of the clocke, let the ſicke body eat a little meat, as may ſuffice nature, and what meate it ſhal be hereafter ſhewed: then let the ſicke body walke ſome time in his chamber, to reade ſome booke, or play on Inſtruments, to keepe him from ſleeping, then at 6 of the clock twelue raiſons of the Sunne, and nothyng elſe but his draught of ſtrong drinke warmed at fire

a clocke in the morning, and at euenyng at eight.

Sixtly, giue to the patient to eate, these meates following, Chicken, Partridge, Fesant, hen, capon, Rabbet, cony, Veale, mutton, & none other, nor any salt, nor leauened bread, nor rie bread, and verye seldome roasted, but boiled in water, & no broth nor porredge, nor any kind of sauce, if the sick body haue rost, let it be euery third meale, and no kind of fish, milke or fruits, raisins excepted

Seuenthly, once in 3 daies, for the first 9 daies in the morning, let the sick body drink a good draught of the strong drink, somthing warme, and then lay very many clothes on him till he sweat, for the space of 2 howers, then ease some of the clothes, and haue warmed linnen clothes, and rub al the body dry or he rise, if he haue any sores that be deepe, washe the sore with the strong drinke, and with a siring, and dip a little cloth in the strong drink, and lay it to the sore, whither it be sores or knobs.

Eightly, after nine or ten daies be paste, once in 3 daies let the sicke body bee bathed on this sort. Set faire running water on the fire, and put thereto a great deale of ground Iuy leaues, and red sage and fenel also, and

by

by a good fire when the sick body is going to bed, put the water and hearbs into a vessell of wood, and let the sicke body stand vpright in it by the fire, and take vp the hearbs, and rub the body of the sick patient downward and then dry him with warme clothes: vse this three wekes, and by the grace of GOD the sick body shall be made whole, whatsoeuer he be, then if the party bee very weake, after 9 or 10 of the first daies let him eat euery daye at 4 of the clocke at after noone, a new laid Egge poched in faire water, & as much new bread as wil suffice nature, and a little cleane wine: vse this diet with good regard, as before is prescribed, & by the grace of god, they shal be perfectly cured of the diseases aboue mentioned.

The maner to make another kinde of dyet drinke, of stronger operatiõ for the same diseases, which by the practise onelye of one man, hath done very great good, as well in the City of London, as in diuerse other parts of the Realme.

Take of the best Guaicum moist heauy, and full of Gum, 4 pounds, let it be well rased with a Rape, or turned into fine chips, by a Turner and of the same Barkes, two pounds, of Carduus Benedictus, which

is

is called the blessed Thistle, halfe a pounde of maidē haire, Cetrach, the floure of ỹ wild and garden Buglosse, Ana 1 pound, sweete Cassia 6 ounces, Anisēde 1 ounce & a halfe, white sugar 6 pounde, caste all these into a wine vessell, clean and apt for the same purpose, vpon which, poure of the cleanest and best white wine that may be got, very hot, in quātity 150 pound, couer this vessel close 3 daies, then strain it through an haire cloth then kæpe this in a cleane vessell for the patient at dinner and supper, but not to drinke in the morning and euening. Besides the drinking of this Guaicum at dinner & supper, the patient may betwæne the times, as one hower before and after dinner and supper, drinke 4 or 5 ounces Also your forsaid receits may be put in cleane newe white or claret wine, being fined, and made in ỹ prescribed maner.

Furthermore the patient which hath ỹ Pox dropsie or gout, may drink among, this worthy medicine following. the dosse or quantity is 2 ounces or more according to the age and complexion of the patient.

Take Maiden haire, cleane fresh hops, fumitory, Sitrach, called Asplenum, sene of Alexander, of each 3 drams, great Centaury

rotes, Liquorice, Polipody, wild and garde Bugloſſe, Ana 4 ounces, Aniſeedes, Nigella Romana, the flowers of Bugloſſe, the three Sanders, ſinamon, ana, 5 ounces, put thys into 24 pound of the Guaicum water, ſodde after the deſcription in the compounds following, then put it in a cloſe veſſel, and ſtop ye mouth, & when that is done ſet the ſaid veſſel, in another ſeething kettel vpon the fire, ſo let it ſtand and ſeeth for twenty houre fair and ſeftly, then ſtraine it, & kepe it in a clean cloſe veſſel, for the vſe aforeſaid. But if the patient be very ful of humors, the do thus. Take Sene of alexander 2. pound, Succoroſarū ſolatiue, 6. pound, white ſuger, 7. pound Rhubarb elected 3. ounces, finely cut, Turbit of the beſt 1 ounce, put theſe in a cleane ſtone pot, with a narrow mouth, poure into this pot 24 pound of the common Guaicum water, made in manner in the compoundes following, ſtop your pots mouth, ſeeth it in the foreſaide maner vpon a ſoft fire 24 houers, vntil it come to a thin ſirop, called a Jelup, then ſtraine it, and kepe this precious pourging drinke for mornings, the doſe 1. ounce and a halfe, according to the age, complexion and ſtrength: the patient muſt alſo eate bread 3 ounces, well baked lyke Biſ-

ket,

kel, and the flesh of Chicken, Hen, Capon, Partridge, Felant, small birdes of the wood rosted excell sodden meates, and if ỹ common drinke bee too strong, then the patient may poure therunto some smal clean wine or Beere: let the patient be merry, kept in a faire cleane chamber, with sweet perfumes, not muche feeding, but little and fine, wyth cleane warme apparrell, and a fire of Charcoales, eschuing venery, wines, fruits, fish, grosse fishe, potage, and white meates, care, anger, cold, much heat, and by gods helpe ye shall haue present remedy, whither it be for the Pose, or to cleuse the raines, or for itche and scabs, or for them that be ouer fat or foggy, full of grosse humors (gotten wyth ease and feeding, to rebate and swage their foggines) without hurt, but rather renew them (as it were) and make them seeme younge: it helpeth also the gout, dropsie, sciatica, canker, and timpany, and many other lothsome diseases, that proceede from ouer great abũdance of grosse humors, also for the extream paine in the ioints.

The maner to chose the best Guaicum, or Lignum vitæ. Cap. 52.

OF this wood Guaicum, there are three kinds: the first is blacke within in the

hart

yarf, pale coloured, hauing in it ruffet lines very hard and heauy. The other black with in, but white without, hauing verye small lines, is hard and heauy, and not so great as the firſt The third is all righte white with in and without, hauing very ſmall lines, & the hart of thys wood is the beſt, the arme of the Tree is better than the body, the boughs nearer the fruits hath more vertue, warmenes, and vines, than the lower parts of the tree, which are groſſer and more earthlye of nature, and the more vitious the woode is, it is the better, the Sap is not so good as the harte, neither the barke as good as the Sap. But the white wood is ſweete and moſt excellent in operation, and is Lignum ſanctū, the holye Wood The Barke of the young ſtraight branches or boughs, being heauye and white, moiſt and wythout lines, harde compacted, be the beſt barks for the Pox. All theſe woodes called Guaici, haue a roſin or matter like Beniamin, or pleaſaunt Gum within the wood, which is the ſpirit or timely helping humor in decoction for the pox, in the ſinewes, vaines, Muſkels, head, hands, feete and the bones: no ſickneſs is ſo ſharpe, and cruell to nature, but this precious wood wil both quicklye gently aſſwage the paine

and

and griefe of the same, if it bee ministred accordingly in decoction, namely to thē whom either the Pore hath tormented, or else the gout with intollerable griefe.

A most certaine and approoued remedy against all maner of pestilence or plagues be it neuer so vehement. Cap. 83.

TAke an Onion, and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine Treacle, and set the peeces togither againe, as they were before: after this, wrap them in a wet linnē cloth, putting it so to rost, couered in ỹ Embers or ashes, and when it is rosted inough, presse out all the iuice of it, and giue the patient to drinke therof a spoonful: immediatelye hee shall feele himselfe better, and shall without faile be healed.

To make a water to take out all spots out of cloth of gold and Veluet. Cap. 84.

TAke raw red Arsnick, Mertem Cudum, of each of them a like much: & when they be well braied, poure some faire water upō them, and putting the hearb Cinkfoile to it, seeth it into halfe: and then let it cole, and set it in the sun two howers, then washe your cloth in it, and let it dry in the sun.

To take spots of greace and oyle out of al sorts of cloth, white or other. cap. 85.

Take the water that pease hath beene sod in, and steepe your cloath where the spot is in it, and then washe it with cleane riuer water, and hange it in the Sunne.

To take al maner spots out of silke. Ca. 86.

Take the iuice of great and round Mushroms of a sharpe taste, weat the spots in it the space of two howres, & then washe the with cleare water, & then let them dry.

To take spots out of cloth. Cap. 87.

Take colde Lie, Lees of white wine made a little hote, and mixe them well togither. But you must take hede they be not to hote, and scald your cloath.

A soueraigne remedie for the cough. ca. 88.

Take Brimstone beate in powder halfe an ounce, and put it in a new laid Egg soft roste, mingle it well togither: then put to it Beniamine the bignesse of a Chiche pease, lightly stamped, and drinke it in the morning at your breakefaste: make as much againe at night when you goe to bed and you shalbe whole at the second or third time. But if the cough haue holde you long you must take it so much the oftner.

To keepe poultry from destroying

with weasels, Cap. 69.

Rub your poultry with the iuyce of Rue or hearbe grace, and the Weasels shall do them no hurte: if they eate the lungs or lights of a fox, the foxes will not eate them.

A breefe treatise of Vrines, as well of mens vrines, as of womēs: to iudg by the collour, which betokē health which betokē sicknes & also betoken death. ca. 60.

IT is shewed that in 4 parts of the bodye dwelleth sickneſſe & health. That is in the womb, in the head, in ỹ liuer, & in the blader: in what manner thou mayest knowe their properties: & therof thou mayst learn.

If a mans Vrine be white at morrow, and red before meat, and white after meat, he is whole, and if it be fat and thicke, it is not good, and if the Vrine be meanely thick it is good to like, and if it be thicke as Alle pisse, it betokeneth head ache.

Vrine that is two daies red, & at the 10. day white, it betokeneth very health.

Vrine that is fat, white, and moyst, betokeneth the feauer quartaine.

Vrine ỹ is bloody, betokneth that ỹ blad' der is hurt by some rotting that is within.

A little vrine all fleshly, betokneth of ỹ reynes: who pisseth blood without sickness

by

he hath some vain broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloudy of sicknesse, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by drops aboue, as it were great bolnes, betokeneth great sicknes and long.

Womans Urine that is cleare, and shining in the Urinall as siluer, if she cast oft, and if she haue no talent to meat, it betokneth she is with Childe.

Womans Urine that is strong, and white with stinking, betokensth sicknesse in the reynes, and in hir secrete receytes in hir Chambers: full of euill humors, and of sickneſſe of hir selfe.

Womans Urine that is bloudy and cleare as water vnder, betokneth head ach.

Womans Urine that is like to golde, cleare and mighty, betokneth that she hath luste to man.

Womans Urine ỳ hath collour of stable cleansing, betokneth hir to haue ỳ feuer quartaine, and she to dy the third day.

Womans urine that appeareth as colour of lead: if she be with child betokeneth

that it is dead within hir.

Here followeth all the vrine that betoken death, as wel the vrine of the man, as of the woman. Cap. 88.

In a hot Arcis, one parte red, another black another greene, & an other blew, betokeneth death.

Urine in hot Arcis, blacke & little in quãtity: fatly, and stinking, it betokeneth deth.

Urine ouer al coloured as lead, betokneth a prolonging of death.

Urine that shineth raw & right bright, if the skin in the bottom shine not, it betokeneth death.

Urine, thin in substance hauing seeting a bone as it wer a dark sky, signifieth death.

Urine deadly, stinking, & darke w̃ a black sky within, betokeneth a prolõging of deth.

Urine ỹ is of the colour of water, if it haue a dark sky in an arcis, it betokeneth death.

Urine that hath dregs in ỹ bottom medled with blod it betokeneth death.

Urine blacke and thick; if the sicke lothe when hee goth to the Priue, and when hee speaketh ouerwhart, or that he vnderstandeth not aright, and these sicknesses goe not from him they betoken death.

FINIS.

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FINIS.